decrease in a distance between at least two of the plurality of elongated plates as the elongated plates translate relative to one another.

14. The method of claim **13**, wherein the expandable member comprises an elastomeric tube that is disposed over the plurality of elongated plates.

15. The method of claim **11**, wherein advancing the interbody implant comprises guiding the interbody implant along the enclosed tube with a plurality rails extending from the plurality of elongated plates.

16. The method of claim **11**, further comprising a stress relief feature in one or more of the plurality of elongated plates, the method further comprising relieving stress in the delivery instrument as the interbody implant is translated therealong.

17. The method of claim **11**, wherein ejecting comprises disposing the interbody implant in the intervertebral space.

18. The method of claim **11**, further comprising engaging a distal portion of the plurality of elongated plates with the vertebral bodies.

19. The method of claim **11**, further comprising grasping the delivery device by inserting one or more fingers in a finger loop disposed on a proximal portion of at least one of the plurality of elongated plates.

20. The method of claim **11**, further comprising:

advancing the plurality of elongate plates into the intervertebral space; and

limiting penetration of the plurality of elongate plates into the intervertebral space by engaging a stop element disposed on at least one of the plurality of elongate plates against an edge of at least one of the adjacent vertebral bodies.

21. A method for delivering an interbody implant into an intervertebral space between adjacent vertebral bodies of a patient, said method comprising:

providing a delivery instrument having a plurality of elongated plates disposed adjacent one another and coupled together with an expandable member disposed over at least a portion of an outer surface of each of the plurality of elongated plates, such that inner surfaces of the plurality of elongated plates and the expandable member form an enclosed tube;

advancing the interbody implant along the enclosed tube formed by the plurality of elongated plates and the expandable member;

translating the plurality of elongated plates relative to one another as the interbody implant advances along the enclosed tube;

relieving stress in the delivery instrument with a stress relief feature of one or more of the plurality of elongated plates as the interbody implant is translated therealong;

ejecting the interbody implant from the delivery instrument; and

returning the elongated plates to an unbiased configuration after the interbody implant has been ejected.

22. The method of claim **21**, wherein translating the plurality of elongated plates comprises moving the plurality of plates away from one another.

23. The method of claim **21**, wherein translating the plurality of elongated plates comprises expanding or collapsing the expandable member to accommodate an increase or decrease in a distance between at least two of the plurality of elongated plates as the elongated plates translate relative to one another.

24. The method of claim **21**, wherein the expandable member comprises an elastomeric tube that is disposed over the plurality of elongated plates.

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